

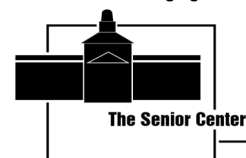
COMING OF Age

Your Center for Connection

Published Bi-Monthly Issue #11 Volume VI

City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

November - December 2013

A Season of Celebration

The Department of Senior Services celebrates the 20th year as the Senior Center in the former Newtonville Library branch. There are celebrations and commemorative events scheduled throughout the upcoming year, including our current “Newton Salutes” display at the Jackson Homestead.

We will conduct a needs and interest assessment to better understand the changing community. If you receive a survey, please complete it and send it back to the address listed. This information will be essential as we further develop our strategies as we plan for the next 20 years.



Newtonville Branch Library dedicated December 1, 1939. Photograph courtesy of Newton Free Library Archive

We are excited to move to a bi-monthly newsletter, that will be mailed to all Newton households with someone over the age of 60. We hope this better informs residents of the ongoing programs and services offered at the Senior Center and throughout the community. As we change the structure and format we are looking for feedback. Please let us know if there is anything you would like to see included in this newsletter.

Upcoming Program highlights:

MBTA Senior CharlieCard

The Center will host another MBTA Senior CharlieCard event and repeat this event quarterly. Please see the next *Coming of Age* issue for the date for the February event. Avoid the trek to Downtown Crossing and visit the Center on Friday, November 8 between 2:00 and 4:00 p.m. for card renewals or first-time applicants. The Senior CharlieCard is available to anyone over the age of 65 and reduces the cost of travel on public transit by upwards of 50%. Residents who need to renew their card as well as sign up for the first time are invited to attend. Please bring picture identification that includes a birthdate.

Individuals who are not seniors, but applying for a T.A.P. (disability) CharlieCard or a Blind Access CharlieCard, can also participate. However, they will still need to complete the required application and wait for approval from the MBTA office until their card can be processed.

Thanksgiving Day Dinner

Members of the senior community are invited to join us on Thursday, November 28 for a Thanksgiving Day dinner provided by Whole Foods in Newtonville. For more information please see page 4.

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Senior Center News

Senior Center Closures

Monday, November 11	Veteran's Day
Thursday, November 28	Thanksgiving Day
Wednesday, December 25	Christmas Day

Ride to Polls on Election Day

Don't let a ride get in the way of your voice being heard! You can use the Yellow Voucher System to get there. If you are unsure of your polling location, please call the City Clerk's office at 617-796-1350.

New Educational Programs

We are excited to offer programs in collaboration with community organizations and businesses. These presentations are non-branded and intended to be general and informative. The Department of Senior Services does not endorse any one organization but encourages residents to explore resources in the community.

SHINE Appointments Available

Please call 617-796-1660 to schedule an appointment for Medicare health benefits counseling.

Senior Center Meals

Lunch Monday-Friday, 11:45 a.m. To reserve call 617-796-1660 by 11:00a.m. the previous day. A voluntary donation of \$1.75 is suggested per meal. *Springwell makes these lunches possible.*

Disclaimer

We thank the advertisers featured in this newsletter for their support. They make the printing of the Coming of Age possible. The Center does not specifically endorse any service or product advertised herein. We do encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.



Newtonville Branch Library construction in 1938.
Photograph courtesy of Newton Free Library Archives

Senior Citizen Parking Stickers

For a Senior Parking Sticker, *Newton residents, 65 years+, must* show license & registration with Newton address and a copy of the lease agreement for personal leased cars. Stickers are good for 2-year cycle at \$6 from July 1, 2013 to June 30, 2015. Stickers are good at 1, 2 and 3 hour meters in all city lots, *but never on the street!* Stickers are available at the Newton Senior Center between the hours of 8:30 a.m. and 3:30 p.m. New stickers are now available.

Boston College Legal Assistance Bureau

Make an appointment for legal consultation with a law student, supervised by a law professor from Boston College Legal Assistance Bureau. Appointments are fifteen minutes between 12 and 2, and are scheduled on the first Friday of the month in October, November, December, February, March and April. Please call 617-796-1660 to make an appointment.

For further assistance please call the Waltham office of Boston College Legal Assistance Bureau, 781-893-4793.

Notary Public

Notary Public services are available at the Newton Senior Center. For more information and to schedule an appointment contact Outreach Worker, Christie Rexford at 617-796-1672.

Fuel Assistance

This year, The Department of Senior Services will be accepting fuel assistance applications for Newton residents age 60 and over. Applications will be accepted November 1, 2013 through April 30, 2014. You can make an appointment now by calling Outreach Worker, Christie Rexford at 617-796-1672.

Health Maintenance Clinics

Blood pressure checks, medication questions and more!

City Hall, 1000 Commonwealth Ave
November 7 and 21, 3:00 to 4:00 p.m.
December TBA



Alderman Stephen Linsky

Friday, November 1

8:30 a.m.

Have coffee or tea and converse with the Alderman during his monthly visit.

Gallery Tour: New Art Center

Friday, November 1

1:00 - 2:00 p.m.

Exhibit on view:

New Art Center Master Artists



This exhibition will showcase both two and three dimensional artwork by the New Art Center's esteemed faculty. The exhibition will feature artwork in a wide variety of media including: oil, acrylic and watercolor painting, drawing, photography, ceramics, mixed media assemblage, stained glass and fiber arts. Meet at the New Art Center on Washington Park.

German

Mondays, ongoing class

10:00 a.m.

This class combines a review of grammar and vocabulary while incorporating a lecture of culture and history. Parts of the of the lecture are in English with constant reference to German.

Low Vision Support Group

Monday, November 4

1:00 p.m.

This group, sponsored by the Massachusetts Association for the Blind, offers engaging discussion and educational information. This group meets on the first Monday of the month. Yellow voucher transportation is reimbursed at each meeting.

Dialogue with the Director

Wednesday, November 6

10:00 a.m.

Join Jayne Colino, Director, Department of Senior Services, for an informal discussion during 2D Open Studio.

Matter of Balance: Concerns about Falling

Weds., Nov. 6, 13, 20, Dec. 4, 11, 18

2:30 p.m.

Many adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. The free Matter of Balance Program is offered by Newton-Wellesley Hospital. Participants learn to view falls as controllable, and make changes to reduce fall risk at home, and exercise to increase strength and balance. Taught by Robin Resnik.

Registration required.

Financial Planning for Retirement: Financial Transitions

Thursday, November 7

7:00 p.m.

The third in the Financial planning series, a collaboration with the Newton Free Library. Please see page 11 for more information.

MBTA Senior CharlieCard

Friday, November 8

2:00 - 4:00 p.m.

Renew or sign-up for a Senior CharlieCard pass at the Center and avoid the trip to Downtown Crossing. Applicants must be over 65 and bring a photo ID that includes a birthdate. The next event will be in February.

How Not to Outlive Your Retirement Money

Wednesday, November 13

12:30 p.m.

This presentation will discuss how to manage retirement savings and protect retirement assets. Topics touched on will be 401k direct rollovers to IRAs, how prolonged stay in nursing homes can affect retirement assets, and how to pass on retirement assets to heirs. Presented by Zoe Buenaventura Orduna, a Financial Specialist at Sovereign Bank.



Hearing Screening

Thursday, November 14

11:00 - 1:00 p.m.

A representative from Mass Audiology



will be giving free hearing screenings. If you already have hearing aids, they can clean them and replace the batteries. Appointments last for ten minutes. **Registration required.**

Book Club

Friday, November 15

10:00 - 11:30 a.m.

In November we'll discuss *The Light Between Oceans* by M. L. Stedman. The group will not meet in December. Join us in January when we'll read *Roses* by Leila Meacham. All are welcome!

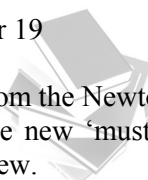


Book Review

Monday, November 19

2:30 p.m.

Maura Copeland from the Newton Free Library brings three new 'must reads' in her monthly review.



Alderman Vicki Danberg

Wednesday, November 20

10:00 a.m.

Have coffee or tea and converse with the Alderman during her monthly visit.

5 Simple Exercises to Increase Your Strength

Wednesday, November 20

12:00 p.m.

Come to learn a series of simple exercises you can do in your home that can help increase your strength and maintain or build strong bones and joints. Whether you are physically fit, have an injury or health challenge, these exercises can be done by anyone. Presented by Steve Satin, President of Satin Wellness In-Home Personal Training.

LGBT and Allies Potluck

Wednesday, November 20

6:30 - 8:00 p.m.

The Senior Center will host an inaugural potluck dinner. Come to socialize, learn more about services or to discuss issues facing the aging lesbian, gay, bisexual and transgender community. This event is free and open to the public, but please bring a dish to share. This monthly potluck will meet the third Wednesday of the month.

Short Story Group

Thursday, November 21
10:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk or available on our website. Facilitated by Ditta Lowy.

AARP Safe Driving

Friday, November 22
10:00 - 2:30 p.m.

The course focus is on the aging process affecting hearing, eyesight, driving response time and how to recognize and compensate for those conditions. The cost is \$12/14 AARP members/non-members. **Registration required.**



Sports Talk

Friday, November 22
12:00 p.m.

Join in the conversation and discuss the great teams of the past and the sports of today. How did you feel when the Braves left town? Who were your favorite players? What are other teams you follow? All are welcome to this monthly group.

Thanksgiving Day Dinner

Thursday, November 28

The Newton Senior Center is taking reservations for Thanksgiving Day Dinner. Seniors who find themselves far from family and friends are invited to pre-register. Space is limited. Transportation is provided through our yellow voucher system. This event is open to Newton residents only and space is limited. Food donated by Whole Foods Newtonville. **Registration required.**



Financial Planning for Retirement: Social Security

Tuesday, December 3
7:00 p.m.

The final program in the Financial Planning series, a collaboration with the Newton Free Library. Please check out our website, newtonseniors.org or the Library's December newsletter for more information.



Keeping Seniors Safe: A Senior Protection Seminar

Wednesday, December 4
12:30 p.m.

The program features remarks from Middlesex District Attorney Marian Ryan, the Newton Police Department and others, includes safe banking practices, how seniors can remain safely in their homes, and how to avoid lottery and other scams targeting the older adults. Service providers will also outline what resources are available to seniors. **Registration requested.**

Gallery Tour: New Art Center

Friday, December 6
1:00 - 2:00 p.m.

Exhibitions on view:

The Country Between Us

An exhibition of four Boston-area artists: Resa Blatman, Ariel Freiberg, Susan Still Scott and Zsuzsanna Varga Szegedi. Each artist breaks down the usual boundaries of painting with personal and political consequences.

Irwin Thompson and Julie Gorn

An exhibition of non-objective contemporary painting by two local artists. Meet at the New Art Center, 61 Washington Park at 1:00 p.m.



Poetry Review

Monday, November 19
2:30 p.m.

Maura Copeland from the Newton Free Library will bring in poems to discuss in this monthly library program.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Wednesday, December 11
12:30 p.m.

Alzheimer's disease is not a normal part of aging. This program provides information about the disease and related dementias, the benefits of early detection, causes and risk factors, treatment, and services offered by the Alzheimer's Association. Presented by trained Alzheimer's Association staff and volunteers. Group size may be limited. Program is free of charge.



Traveling Chef

Tuesday, December 3
11:30 a.m.

Hand-carved roast beef will be served by Lindley Catering, along with whipped potatoes, Italian blend vegetables, whole wheat bread, and apple bread pudding. Reservations are required, please call 617-796-1660 by 11:00 a.m. on Monday, December 2.



Holiday Concert: Newton Senior Center Chamber Ensemble

Wednesday, December 18
10:00 a.m.

The Senior Center's Chamber Ensemble will perform a medley of winter and holiday favorites. Refreshments will be served: scones, muffins and fruit salad generously provided by Waterstone at Wellesley. All are welcome!

LGBT and Allies Potluck

Wednesday, December 18
6:30 - 8:00 p.m.

Come to socialize, learn more about services or to discuss issues facing the aging lesbian, gay, bisexual and transgender community. This event is free and open to the public, but please bring a dish to share. This monthly potluck will meet the third Wednesday of the month.

Short Story Group

Thursday, December 26
10:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk or available on our website. Facilitated by Ditta Lowy.



Sports Talk

Friday, December 27
12:00 p.m.

Join in the conversation and discuss the great teams of the past and the sports of today. How did you feel when the Braves left town? Who were your favorite players? What are other teams you follow? All are welcome to this monthly group.

Fitness Classes: All are welcome to join! \$2 donation paid in each class. Drop in!

*indicates \$3 class, ° indicates a preregistered class

November • December

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:45 a.m. Tai Chi*	9:00 a.m. Aerobics	9:00 a.m. Walking Group	10:00 a.m. Beg. Tai Chi*	9:00 a.m. Aerobics
10:00 a.m. Zumba Gold	10:30 a.m. Muscle Cond.	10:45 a.m. Beyond	11:00 a.m. Tong Ren	10:30 a.m. Muscle Cond.
12:45 p.m. Beyond		Balance°	11:45 a.m. Tai Chi*	
Balance°			1:00 p.m. Yoga: chair	
2:00 p.m. Yoga: chair			2:00 p.m. Yoga: mats	
			(mats provided)	

Beyond Balance, \$50 for 8 weeks

Mondays, 12:45 - 1:45 p.m. New Session: December 9, 16, January 6, 13, 27, February 3, 10, 24

Wednesdays, 10:45 - 11:45 a.m. New Session: November 20, December 4, 11, 18, January 8, 15, 22, 29

Ongoing Drop-In Programs

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Pool Cues	9:00 a.m. Int. Spanish	9:00 a.m. Pool Cues	9:00 a.m. Knitting	9:00 a.m. Pool Cues
9:00 a.m. Beg. Spanish	9:30 a.m. Bridge Lesson	9:30 a.m. 2D Open Studio	10:00 a.m. Current Events	10:00 a.m. Beg. French
10:00 a.m. Beg. German	10:30 a.m. Int. Spanish	9:30 a.m. Chamber Mus.	10:30 a.m. Mandarin Con.	12:00 p.m. Poker
1:00 p.m. Mah Jongg	1:00 p.m. Bingo	11:30 a.m. Piano music	1:00 p.m. Games (Mah	1:00 p.m. Chess
1:00 p.m. Scrabble	1:00 p.m. 3D Open Studio	1:00 p.m. Duplicate	Jongg, Bridge, Canasta)	1:00 p.m. Bingo
1:00 p.m. NewsTalk	1:30 p.m. Swing Band	Bridge	1:30 p.m. French Salon	

Art Classes: Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side! Registration required. Call 617-796-1670.

3D Open Studio, Free

Tuesdays, 1:00 - 2:00 p.m.

Bring your own materials and enjoy the creative setting.

2D Open Studio, Free

Wednesdays

9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

Ceramics, \$50 for eight weeks

Thursdays, 12:30 - 2:00 p.m.

New Session: Dec. 19, 26, Jan. 2, 9, 16, 23, 30, Feb. 6

Create 3D platters and sculptures or glaze molded pieces. Bet Lee instructs.

Fused Glass, \$25 for each class

Wednesdays, November 13 and December 11, 2:00 p.m.

Each participant will create a decorative utilitarian plate, great for a holiday gift! Taught by local glass artist Suzi Wilder, the cost for this class covers materials. Sign up early, space is limited!

Movies & popcorn: 1:00 P.M. WEDNESDAYS

Subtitles available for all movies upon request.

November 6, *The Great Gatsby*: Leonardo DiCaprio stars as literary icon Jay Gatsby in this adaptation of F. Scott Fitzgerald's novel. Fascinated by the mysterious, affluent Gatsby, his neighbor Nick Carraway bears witness to the man's obsessive love and spiral into tragedy. 2013, PG-13, 143m

November 13, *Flight*: After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government's inquiry into the causes soon puts the new hero's reputation at risk. 2012, R, 138m

November 20, *Oz the Great and Powerful*: In this Wizard of Oz prequel, circus magician Oscar Diggs is magically transported to the Land of Oz, where he deals with three witches and uses his illusionist skills and resourcefulness to become the wizard the residents have been hoping for. 2013, PG, 130m

November 27, *No (Spanish with English subtitles)*: In this engaging drama from Chile, Gael García Bernal portrays René Saavedra, a hot-shot ad executive who creates a controversial media campaign opposing military dictator Augusto Pinochet during the referendum on his presidency in 2012. 2012, R, 116m

December 4, *42*: This biopic focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 made him the first black Major League Baseball player of the modern era. 2013, PG-13, 128m

December 11, *The Big Wedding*: A long-divorced couple feigns years of wedded bliss to please a special guest at their son's nuptials: his birth mother. As the hoax spins out of control among family and friends, it leaves behind a poignant and funny tale about the ties that bind. 2013, R, 90m

December 18, *Amour (French with English subtitles)*: In this 2012 Cannes Film Festival Palme d'Or winner, Georges and Anne, retired music teachers in their eighties, have a time-tested love. But as Anne's health fails, Georges becomes her caregiver, and the couple's bond is tested like never before. 2012, PG-13, 127m

Transportation Services

Transportation Services now includes Village Centers. The growth in this service is thanks to the effort of the Senior Citizens Fund of Newton, Inc.

For Newton Residents 60 years and older

- *Three (3) day advance reservation unless otherwise noted*
- **Medical Transportation:** Monday-Friday, 8 a.m. to 5 p.m. Newton to medical appointments and specific destinations.
 - ◊ 15 – 70 Walnut St., Wellesley
 - ◊ 1 Washington St., Wellesley
 - ◊ 173 Worcester Rd., Wellesley
 - ◊ 195 Worcester Rd., Wellesley
 - ◊ 230 Worcester Rd., Wellesley
 - ◊ 830 Boylston St., Chestnut Hill
 - ◊ 850 Boylston St., Chestnut Hill
 - ◊ 1244 Boylston St., Chestnut Hill
 - ◊ 1153 Centre St., Boston (Faulkner Hospital)
 - ◊ St. Elizabeth's Hospital
- **The Shopper's Service:** Tuesday, Wednesday or Thursday between 10:00 a.m. and 2:00 p.m. Your choice of Newton market
- **Long-term Care Facilities:** Monday-Friday, 8 a.m. to 5 p.m. To destinations in Newton. Limit 2 visits per week.
- **Houses of Worship:** To destinations in Newton for religious services.
- **Select Adult Day Health locations:** Monday-Friday
- **Newton Free Library & Newton City Hall:** Mondays & Wednesdays, 8 a.m. to 5 p.m. Sunday Library, 1-5 p.m.
- **Newton Senior Center:** Monday-Friday, 8 a.m. to 4 p.m. Reserve by 4:00 the previous day for this service only.
- **New additions to Village Centers beginning July 1, Available Monday - Friday, 8:00 a.m. to 5:00 p.m.**
 - Auburndale:** 2040 Commonwealth Ave - 2122 Commonwealth Ave, 422 Lexington Street – 427 Lexington Street, 271 Auburn Street – 349 Auburn Street
 - Chestnut Hill:** 280 Boylston Street – 1184 Boylston Street, 525 Hammond Street – 615 Hammond Street (includes Post Office on corner of Middlesex Road)
 - Newton Centre:** 821 Centre Street – 1148 Centre, 10 Langley Road – 82 Langley Road, 714 Beacon Street – 847 Beacon Street, 10 Union Street – 43 Union Street
 - Newton Corner:** 259 Centre Street – 447 Centre Street, 275 Washington Street – 399 Washington Street
 - Newton Highlands:** 1149 Walnut Street – 1203 Walnut Street, 1 Lincoln Street – 63 Lincoln Street
 - Newton Upper Falls:** 1185 Chestnut Street – 1225 Chestnut Street, 77 Oak Street – 108 Oak Street
 - Newtonville:** 241 Walnut Street – 345 Walnut Street, 743 Washington Street – 897 Washington Street
 - Nonantum:** 291 Watertown Street – 420 Watertown Street
 - Newton Lower Falls:** 2000 Washington Street – 2366 Washington Street
 - Oak Hill:** 663 Saw Mill Brook Parkway – 675 Saw Mill Brook Parkway
 - Thompsonville:** 386 Langley Road – Route 9
 - Waban:** 1625 Beacon Street – 1651 Beacon Street, 4 Windsor Street – 10 Windsor Street, 69 Wyman Street – 87 Wyman Street
 - West Newton:** 1239 Washington Street – 1391 Washington Street

Transportation to November and December EVENTS

The Newton Department of Senior Services is offering transportation through the “yellow voucher” system to these upcoming events. Reservations must be made at least three days in advance.

Polling Locations throughout Newton

Tuesday, November 5

Financial Transitions

330 Homer Street

Thursday, November 7, 7:00 p.m.

The True Nature of Health Care Reform

330 Homer Street

Monday, November 18, 7:00 p.m.

Thanksgiving Dinner

345 Walnut Street

Thursday, November 28, 10:00 a.m. - 2:00 p.m.

Social Security

330 Homer Street

Tuesday, December 3, 7:00 p.m.



Please make all reservations by calling 617-796-1288

Travel vouchers are good for all of the above services.

Vouchers are available at the Senior Center, or by mail. The suggested contribution is \$4 per voucher. A minimum contribution of \$2 required per voucher. One voucher is used each way; two vouchers for a round trip. For those unable to budget the minimum amount or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required before vouchers will be sent through the mail.

If you have questions about the services or about alternative transportation please call Alice Bailey at 617-796-1664.

Stay Connected! Lifeline

Lifeline is a federal/state program that lets eligible low income consumers receive landline home phone service up to \$18 a month, or wireless service up to 250 FREE minutes monthly from certain providers. You are eligible for Lifeline if your household income meets requirements or if you receive benefits from certain government programs. There is only ONE Lifeline discount per household.

Find out today if you qualify for Lifeline!

Call the MA Department of Telecommunications and Cable at 1-800-392-6066.

Note: This telephone discount program is different from the medical alert system also known as Lifeline

SHINE (Serving Health Insurance Needs of Everyone)

IMPORTANT REMINDER

The Medicare Open Enrollment ends on December 7th!

Don't wait until it's too late!

Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans change their premiums, co-pays, deductibles and formularies (list of drugs covered). It's important to review your options EVERY year to make sure you have the plan that works best for you.

Assistance is available from the SHINE program. Call the Center at 617-796-1660 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare related matters--other than an appointment--call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE and speak to a Medicare customer service representative.

Healthy Tidbits

Health & Human Services Department
1000 Commonwealth Ave
617-796-1420

Bundle up to avoid hypothermia- Be sure to dress in layers in the cold weather to prevent loss of body heat when you have to go outside. Wear a hat, scarf, mittens, water resistant coat and boots, and be sure to remove any wet clothing. Signs of hypothermia: Shivering, exhaustion, fumbling hands. Someone else might notice memory loss and slurred speech. Be sure to go to the emergency room if you notice any signs of hypothermia.

Prevent snow and ice falls- Wear shoes with good traction when you go outdoors to prevent falls, and to keep your feet warm! Bring a cane/walker with you, and ask for help when you need it.

Plan your outing- Check the weather forecast, and be sure that your destination will have plowed/shoveled walkways. Drivers: Be sure your gas tank is full and you park in a covered garage, if available.

Gather supplies- Check your emergency kit in case you lose power. Be sure to have three days worth of water (one gallon per person per day), canned/dried non-perishable food, a first aid kit, blankets etc. If you have oil heat, make sure your tank stays filled.

Questions?- Call the Health and Human Services Department at 617-796-1420.

Health Maintenance Clinic will NOT be held at the Senior Center during November and December

Afternoon clinics are available at **City Hall** at the Health and Human Services Department
November: 7th and 21st
Time: 3:00 to 4:00 p.m.

The yellow transportation vouchers can be used for travel to the afternoon clinics.

Thank you to our generous donors!

- Mohammed Moulazaden in honor of his wife Farideh Gharib-Garakani •
- Ilse Garfunkel in thanks for the many opportunities the Center has to offer •
- Mary and Joseph Nicolazzo in thanks for the Home Safety Check program • Oletta Atkins in memory of her dear friend Kay Nicolazzo • Joan Rome for her contribution for a 55-inch television screen for the Library Lounge • Buena and Alan Pearlman in appreciation for the great programs and help •

Upper Falls Senior Group

Emerson Center, Pettee Street
Wednesdays, 10 - 11:30p.m.

November 6, Officer Eric Rosenbaum
November 13, Left, Right, Center Game
November 20, Bingo
No meeting November 27
December 4, Music by Mark Tavenner
December 11, Left, Right, Center Game
December 18, Bingo

South Side Senior Group

Shuman Center, 675 Saw Mill Brook Pwky
Thursdays, 9:30 to 11:00 a.m.

November 7, Lynn Fienman, Aging in Place Project Man.
November 14, Games and Walking
November 21, Games and Walking
December 5, Bingo
December 12, Games and Walking
December 19, Games and Walking

Happy holidays! Anita Sheehan

Walk to End Alzheimer's



The Senior Center team at the Walk to End Alzheimer's on September 29.

Fourteen members from the Department of Senior Services team walked on Sunday, September 29. With the help of volunteers, area businesses, forget-me-not flower sales, and generous community support the team raised \$1,700.00 for the Alzheimer's Association. Mission: to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Thank you to our partnering organizations:
Aji Japanese Restaurant, Bank of America-Newtonville, Cabots, Cobella Hair Salon, Greatest Age Fitness, Inna Kitchen, Lobster Wok, Lorraine Village Cleaners, Marty's Liquors, Newtonville Pizza, Opticians 3, Remax Leading Edge, Rox Diner, Shaws-Newtonville, Yo Fresh.

Home Safety Check

The Home Safety Check program was designed to promote a safe living environment for older adults in the Newton community. Consider these facts: It is expected that by 2020, there will be over 2 million homebound older adults. Those aged 65 and up are twice as likely to become victims in fire related incidents as those who are under 65 years of age. The leading cause of death among seniors is falls, and fall-related injuries are one of the main causes of emergency room visits. Statistically, home burglaries occur more often during the summer months than other times of year. As seniors are remaining in their homes longer, either by choice or necessity, home safety is a concern for many.

The Newton Rotary Club, the Newton Fire Department, the Newton Police Department, and the Newton Department of Senior Services make the home Safety Check program possible. Members of these groups visit homes, complete safety checklists, and recommend adjustments or items to increase home safety. A copy of the checklist and recommendations are left with each resident, along with other support information and resources. Checklists include safety suggestions for both the property itself and the individual.

The Newton Rotary Club has been generous in donating smoke detector and carbon monoxide detector batteries, double sided tape, large house numbers and other supplies to Newton homes through this program. We are grateful for their efforts in making the safety checks successful. To request a Home Safety Check, please contact Lynn Feinman at 617-796-1675.

Historic Newton 527 Washington Street, Newton MA, 02458

Burying Grounds Clean Up

Saturday, November 9, 9:00 a.m. to 12:00 p.m.

It's time for our late-fall cleanup of one of Newton's most historic spaces—the East Parish Burying Ground. Help tidy up the premises and see the results of our now-completed headstone restoration. Please bring gloves and rakes if you have them! Meet at the corner of Centre and Cotton Streets.

An Evening with Livingston Taylor

Saturday, November 16, 7:30 p.m.

Livingston Taylor picked up his first guitar at the age of thir-

teen. Thus began a career that has spanned more than forty years and encompassed performance, songwriting and teaching, and has featured Top Forty Hits recorded by Livingston and his brother James Taylor.

An Evening with Livingston Taylor is a fundraiser for the interactive exhibits at Historic Newton's new museum and education center, the Durant-Kenrick House and Grounds, which is set to open in the new year. The new museum will explore issues of land, liberty and leadership by looking at the three distinguished families who lived and worked there. For more information please visit www.historicnewton.org



Financial Transitions

Thursday, November 7, 7:00 p.m.

Join us for a Financial Wellness in Retirement Series event at the Newton Free Library on Thursday, November 7 at 7:00 pm. The program titled *Financial Transitions* will be facilitated by James Cote, MBA, a Waltham-based financial advisor and Howard King of Eastern Bank who specializes in reverse mortgages. Cosponsored by the City of Newton Department of Senior Services, the series is designed to provide information and resources on a broad array of issues relevant to those who are in transition in the second half of life, their loved ones and caregivers. This year's programs are also cosponsored by The Foundation for Financial Education (F³E), a non-profit organization dedicated to spreading financial literacy by providing free educational resources to the public.

Our financial lives evolve over time, planning can take many shapes and forms. At times the process can lead us to look at new ideas. This program will cover: Financial transitions, concerns about forming a financial plan, planning for adjustments to a new phase in your life, the benefits and concerns of reverse mortgages, mortgage options for "right sizing" your home, and taking your retirement while in the midst of transitional planning.

Yellow Voucher transportation available for both programs. For more information call the Newton Free Library at 617-796-1360. All programs are free and open to the public, parking is free. The Newton Free Library is handicap accessible.

The True Nature of Health Care Reform

Monday, November 18, 7:00 pm

Join Dr. Donald M. Berwick on at the Newton Free Library on Monday, November 18 at 7:00 pm for the second program in a series on *ObamaCare*.

The costs of American health care have become more challenging to our nation, threatening the sustainability of care and eroding other important public and private investments. Meanwhile, America lags behind many other nations in our health status and outcomes, even though our health care expenditures are nearly double the average for developed nations. The Patient Protection and Affordable Care Act (a.k.a. *ObamaCare*) provides a framework for change and takes a big step toward health care as a human right in America, but the job of reconfiguring health care delivery to assure both excellence and affordability remains daunting. This session will:

- Explore the current patterns of cost and quality in care
- Explain the facts and myths about *ObamaCare*
- Describe the new health care systems that we can have which are capable of achieving what the Institute for Healthcare Improvement (www.ihl.org) calls the "Triple Aim:" better care for individuals, better health for populations and lower cost through improvement

Donald M. Berwick, MD, MPP, FRCP is President Emeritus and Senior Fellow at the Institute for Healthcare Improvement (IHI), an organization that he co-founded and led as President and CEO for 18 years. He is one of the nation's leading authorities on health care quality and improvement.

City of Newton Department of Parks & Recreation

To register or for more information please call 617-796-1506 or visit www.newtonma.gov/gov/parks

Bowling League

Throwing things with your friends is fun! Join the parks and recreation bowling league on Mondays at Lanes and Games in Cambridge. Bowling is a great way to socialize and get exercise. The league starts in September.

Cards & Cribbage

Join us for an afternoon of fun playing cards and cribbage at the Scandinavian Living Center, 206 Waltham Street. *Cribbage*: Every Monday, 10-4 p.m Bring your lunch. Cards, boards, and coffee provided. *Cards*: Thursdays 10:30 A.M –3:30 P.M., Games include GOLF, Pay Me and Cribbage. Coffee, cards & goodies provided. Newcomers welcome!

Scottish Country Dancing

Americans are dancing their way to health! You may have heard about the New England Journal of Medicine's report on the effects of recreational activities on mental acuity and aging. Here it is in a nutshell: dancing makes you smarter! Dance is a joyful, fun and an effective way to stay active and healthy. It boosts your brain power and balance. Join this dance program at the Hut on Wednesday mornings this fall. Class begins at 10:30 a.m., \$2 donation appreciated.

Ballroom & Line Dance

Ballroom and line dancing is available every Thursday from 1-3:30 p.m at the Post 440 - 295 California Street - Newton, MA 02458. Helen Murphy plays all your favorite ballroom and line dance music. Newcomers are encouraged to attend! \$2 donation

The Senior Citizens Fund of Newton
PO Box # 600488
Newtonville, MA 02460

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Newton Department of Senior Services
Phone 617-796-1660 Fax 617-969-9560
www.newtonseniors.org
Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff, 617-796-XXXX

Jayne Colino, Director, 1671
Alice Bailey, Executive Administrator, 1664
Lucy Bedigian, Lunch Site Manager, 1668
Ken Doucette, Custodian, P.M.
Lynn Feinman, Aging In Place Project Mgr., 1675
John Flynn, Custodian, A.M.
Linda Johnson, Administrative Assistant, 1665
Kathy Laufer, Clinical Social Worker, 1663
Christie Rexford, Outreach Worker, 1672
Molly Sass, Program Coordinator, 1670

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Holly Gunner	Carol Ann Shea
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Mission

The mission of the Department of Senior Services is to optimize quality of life for seniors and their families through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.